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Tuesday, March 7, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

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The model's real talk about her postpartum depression. 12

Why self-help books don't work. 17

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PROTEST PACK

Activist farmer gets his message out at rallies with help from his alpacas. 4

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TRUMP MAINTAINS CONFIDENCE IN COMEY

1 President Donald Trump still has confidence in FBI Director James Comey, the White House said on Monday, despite his assertiveness in challenging Trump's claim that the Obama administration wiretapped him during the 2016 election campaign. Federal Bureau of Investigation head Comey has asked the Justice Department to reject Trump's accusation that former President Barack Obama ordered a wiretap

at Trump Tower because the claim was false and must be corrected, a federal law enforcement official said. Asked whether Trump still had confidence in Comey, White House Spokesman Sean Spicer said, "There's nothing that I have been told by him that would lead me to believe that anything is different than what it was prior." REUTERS

TRANSGENDER STUDENT RULING TOSSED OUT

2 The U.S. Supreme Court on Monday scrapped plans to hear a major transgender rights case and threw out a lower court's ruling in favor of a transgender Virginia student after President Donald Trump rescinded a policy protecting such youths under federal law. The justices sent the case involving transgender high school student Gavin Grimm back to the same U.S. appeals court that last year ruled in Grimm's favor, with the dispute centering on a federal anti-discrimination law, a constitutional issue and the Trump administration's Feb. 22 action. The move was the latest legal fallout from Trump's extensive use of executive power in the opening weeks of his presidency and was at least a temporary setback for transgender rights. REUTERS

IRAN VESSEL CAUSES NAVY SHIP TO CHANGE COURSE

3 Multiple fast-attack vessels from the Iranian Revolutionary Guard Corps came close to a U.S. Navy ship in the Strait of Hormuz on Saturday, forcing it to change direction, a U.S. official told Reuters on Monday. The official, speaking on the condition of anonymity, said the IRGCN boats came within 600 yards of the USNS Invincible, a tracking ship, and stopped. The Invincible

USNS Invincible

was being accompanied by three ships from British Royal Navy and forced the formation to change course. The official said attempts were made to communicate over radio, but there was no response and the interaction was "unsafe and unprofessional." REUTERS

5 THINGS YOU NEED TO KNOW

SIERRA AIR

5 An Athlete makes a run during moguls training ahead of the FIS Freestyle Ski & Snowboard World Championships 2017 on Monday in Sierra Nevada, Spain. GETTY IMAGES

GM WILL LAY OFF 1,100 MICHIGAN WORKERS

4 General Motors Co. said it will lay off 1,100 workers in May at its Lansing Delta Township plant in Michigan as it shifts production to Tennessee. GM last year added 800 jobs at its Spring Hill, Tennessee plant to build a new version of the GMC Acadia. The Lansing plant will continue building the Buick Enclave and Chevrolet Traverse after it retools for a month, GM spokesman Tom Wickham said. GM has announced other factory cuts even after it said in January it would invest another $1 billion in U.S. factories. President Donald Trump has urged GM and other automakers to build more cars in the country to discourage the industry from investing in Mexico. GM has said the $1 billion investment would allow it to create or retain 1,500 U.S. jobs, but has not specified what jobs are impacted. REUTERS

WELCOME TO METRO.US!

CRISTABELLE TUMOLA, WEB EDITOR

Everyone poops, but not everyone is supposed to poop pink. But that's what is reportedly happening to fans of the new limited-edition Oreo Peeps flavor. The cookie, which features a bright pink cream filling, is turning some people's poop, tongues and saliva pink, according to social media posts from consumers. An Oreo spokeswoman says it's common, but still, maybe stick to the original. **metro.us/viral**

PLAY TO WIN

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Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week. Congrats to last week's winner, **Dinorah Balthazar from New York City.**

metro.us/quiz

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Activist farmer and his alpacas wage battle against corporate agribusiness

Protester with "big fluffy friends" hopes to take message nationwide.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Ethan Abbott, a farmer and eco-activist with the group Just Us Riders visits Clark Park on Sunday with his two alpacas T.C. and Shay, and llama Thaddeus on March 5. Abbott and the animals have travelled by minivan to the DNC and RNC, the inauguration and dozens of cities to raise awareness for sustainability. CHARLES MOSTOLLER

At protests, he stands out. Probably because he isn't clutching a protest sign, but is instead holding a leash attached to two alpacas and a llama.

Ethan Abbot, who calls himself Ethan the Farmer, got plenty of attention when he showed up to protest Donald Trump's inauguration with alpacas Shay and Tragically Cute, llama Thaddeus and his dove Hubert.

"Most people are going to run from a protester," Abbott said while sitting on a bale of hay at the Lancaster farm where he keeps his alpacas. "But I have a big fluffy friend, and people come up to me."

Abbott, 40, aspires to plant the seeds of the ideas he's long fought for: pro-locally grown foods, anti-GMOs and anti-corporate agriculture.

"My goal is to get them to think. Turn off your TV, and get on the street," he said. "We need to bring food back the way nature intended."

Abbott has spent years fighting for these causes, and has lost a great deal in the process.

In Colorado, he helped organize the Denver March Against Monsanto, as well as Get to Know Your Farmer initiatives at farmers markets, while supporting causes including Occupy Denver and a foreclosure resistance coalition. He also faced a flurry of troubles, some that he ascribed to government persecution, and others which may have been of his own making.

He said his farms were raided multiple times over his pastured poultry. But online police records indicate he was also being sought for nonpayment of rent. In 2014, he was sentenced to 60 days in jail for smashing the car window of a woman who entered his property to tell him his calf broke out of its pasture. He claimed his head broke the window when she drove the car into him.

In the end, he lost his farms and his wife and kids.

Abbott wound up last year in his native Lancaster County, where he is trying to start over as an activist. But those plans may wither on the vine due to a lack of cash. Increasing pain from past injuries has hindered his ability to earn money to finance his work, he said. Supporters started an online fundraiser to help him pay for new licenses for his alpacas, but he still doesn't know if he'll be able to keep doing the work he envisioned.

> *"My goal is to get them to think. Turn off your TV, and get on the street."*
> Ethan Abbott

But Abbott said he'll keep fighting for what he believes in — nothing less than changing how the U.S. does agriculture.

"I can't with a clear conscience let my kids grow up in what I see as a destroyed country," he said. "Your body is not designed to process trash. When our government puts profits in front of people, we need to do something."

Riding for justice

Abbott's nonprofit, Just Us Riders, aims to spread his message to at least three people a day.

He said that what he calls the "fourth branch" of government — "We the people" — needs to "take back our farms, our families, our food and our freedom."

"I ask people, 'Do you like what you see going on in America today?'" Abbott said. "I'd say 99.99 percent of the people say, 'Well, no.'"

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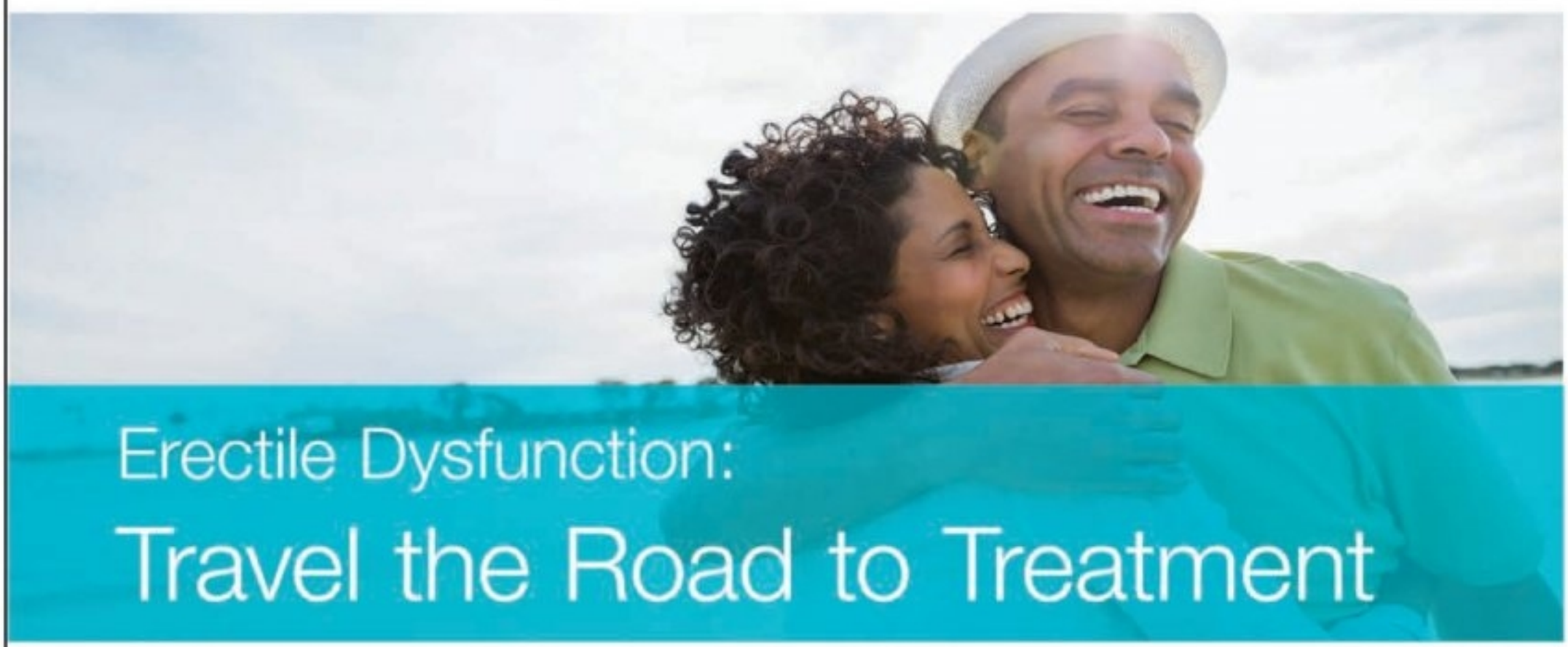

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Sen. Pat Toomey ALL IMAGES COURTESY GETTY IMAGES

Toomey has town hall meeting with constituents (online)

The Republican senator says he'll appear at a town hall session in person "at some point."

ALEXIS SACHDEV
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Sen. Pat Toomey held his second town hall of the year Monday, but once again he didn't go face-to-face with his constituents.

The Republican senator appeared for 15 minutes on CBS Philadelphia's social media channel with "Eyewitness News" anchor Jessica Dean.

The second-term senator said he hasn't set any dates for an in-person town hall yet, saying he's "sure we'll do one at some point."

Toomey mentioned his telephone town halls, of which he's conducted 48 since being elected senator in 2010. The most recent was on Feb. 16 and lasted 45 minutes.

Asked if he understands that there are a number of his constituents who would prefer to engage with him at in-person town halls, Toomey said he does understand, and "that's fine."

Toomey devoted a portion of his appearance to defending his support for Education Secretary Betsy DeVos.

"An outpouring of your citizens requested you not vote for her, or for you to recuse yourself from the vote since DeVos donated to you," Dean said, asking why Toomey did not recuse himself from the Senate confirmation vote.

According to Toomey, there was "absolutely no reason" to recuse himself from the vote.

He said that his support for DeVos, who donated as much as $60,000 to Toomey's campaigns, stems from his desire to create more options, especially for lower income families who can't choose where their children attend school.

"A poor kid, whether in the inner city or anywhere else, that family typically has no choices, and often the school isn't serving the child well," Toomey said. "A child only gets one chance to get a great education."

The senator also stated his opposition to assigning a special prosecutor to investigate possible ties between Russian officials and Trump's campaign staff.

Toomey said that revelations that Russia tried to influence the U.S. election shouldn't be shocking — because they're "trying to discredit us" — and said he absolutely wants to get to the bottom of Moscow's interference.

Toomey said he has full confidence in the Senate Intelligence Committee, and doesn't see the need for an "outside entity or special prosecutor."

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SOUTHEASTERN PENNSYLVANIA IS LEADING THE STATE IN ECONOMIC GROWTH

Approximately 60 percent of all new jobs created in the state between 2013 and 2016 were created in Southeastern Pennsylvania. PROVIDED

ROB WONDERLING

Pennsylvania has long been known as the Keystone State because of its central location within the original 13 colonies. More important than its geographical location was the vital role it played in both holding together and driving forward the newly conceived union that has evolved into the United States of America that we know today.

The Greater Philadelphia region, like the state of Pennsylvania, plays a central role in driving the growth and prosperity of the commonwealth forward. A recent study on the Southeastern Pennsylvania region — Bucks, Chester, Delaware, Montgomery and Philadelphia counties — performed by the Chamber of Commerce for Greater Philadelphia revealed that these five counties are home to a diverse and large economy that serves as an economic engine and tax base for the state.

Southeastern Pennsylvania serves as the greatest area of growth in the commonwealth within the past few years; the five counties represent 32 percent of all Pennsylvania residents and 50 percent of all state population growth between 2010 and 2015.

In 2015, businesses located in Southeastern Pennsylvania generated an estimated $282.2 billion in revenue totaling 41.8 percent of Pennsylvania's total gross product. These businesses represent just 33 percent of all establishments while generating 41 percent of the state's total private business payrolls.

Additionally, approximately 60 percent of all new jobs created in the state between 2013 and 2016 were in Southeastern Pennsylvania; this region is a net contributor to the state's general fund, generating an estimated 39 percent of total revenues.

Southeastern Pennsylvania represents the growth and prosperity of the Greater Philadelphia region as well as the commonwealth as a whole. Here at the Chamber of Commerce for Greater Philadelphia, we are working together to keep this momentum going both regionally and statewide.

The chamber's action teams, focused on the civic, energy, education and talent, health care and middle market sectors, are designed to spur growth and innovation within their designated industries. These focused cohorts of outcome-oriented industry leaders collaborate on substantive work that directly impacts growth in the Greater Philadelphia community.

If you would like to learn more about how the chamber is leading in the growth of Southeastern Pennsylvania, the Greater Philadelphia region and the state, contact me at rwonderling@chamberphl.com.

Rob Wonderling is president and CEO of the Chamber of Commerce for Greater Philadelphia.

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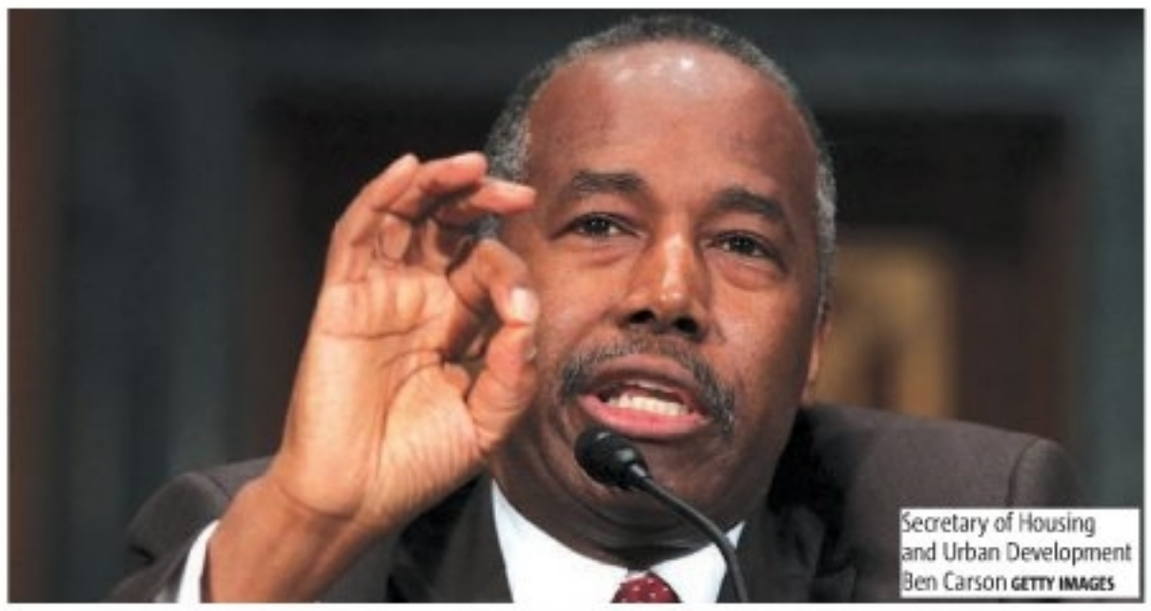

Secretary of Housing and Urban Development Ben Carson GETTY IMAGES

Ben Carson calls slaves 'immigrants' in speech, drawing criticism

It was Carson's first address to the staff at HUD. He was confirmed by the U.S. Senate last week.

Ben Carson, the new secretary of the U.S. Department of Housing and Urban Development (HUD), on Monday referred to slaves brought to the United States against their will as "immigrants," drawing quick condemnation from civil rights groups who cast his remarks as offensive.

By way of introduction, Carson shared anecdotes from his past career as a neurosurgeon and praised immigrants who worked long hours to build a better life for their children.

"There were other immigrants who came here in the bottom of slave ships, worked even longer, even harder for less," said Carson, who is African-American.

"But they too had a dream that one day their sons, daughters, grandsons, granddaughters, great-grandsons, great-granddaughters might pursue prosperity and happiness in this land," he said.

Enslaved Africans did not voluntarily come to the United States and were denied freedom for hundreds of years.

"This is as offensive a remark as it gets," said Steven Goldstein, executive director of the Anne Frank Center for Mutual Respect.

The remarks sparked outrage on Twitter, including from the actor Samuel L. Jackson. The National Association for the Advancement of Colored People (NAACP) also criticized Carson.

A HUD spokesman later called the tempest "the most cynical interpretation of the secretary's remarks to an army of welcoming HUD employees. No one honestly believes he equates voluntary immigration with involuntary servitude."

Carson was well received by the hundreds of HUD employees in the room and got a standing ovation at the close of his remarks.

As housing secretary, Carson is in a position to play a leading role in reviving poor neighborhoods, as Republican President Donald Trump has promised.

Carson occasionally stumbled as a Republican presidential candidate, such as when he said he did not believe a Muslim should be president.

After dropping out of the race, Carson threw his support to Trump, who named him housing secretary after winning the November election. REUTERS

BRIEF

Afghan family released after detention in Los Angeles

A family from Afghanistan detained on their arrival in Los Angeles last week despite holding special visas granted for the father's service to the U.S. government in that country has been released, their attorneys said Monday.

Lawyers for the family of five, who have not been publicly identified, said that it was still not clear to them why the father, mother and their three sons were taken into custody at Los Angeles International Airport on Thursday, interrogated and held for some 40 hours.

But attorney Robert Blume portrayed the detention as a mistake by U.S. immigration authorities, saying: "The government swung and missed on this one. They just got it wrong."

The family's detention came at a time of increased concern among immigrant rights advocates about tougher scrutiny of visitors as part of U.S. President Donald Trump's crackdown on immigration on national security grounds.

All five members of the family were released on Monday before an emergency hearing sought by their lawyers in U.S. District Court in Santa Ana, California.

During that hearing attorneys for the U.S. Department of Justice did not offer a reason for the family's detention but said the visa they held did not preclude further vetting by immigration agents if warranted.

All five family members, including the couple's three young sons, were ordered to appear at a second hearing scheduled for April 5.

According to defense lawyers, the family members were granted so-called Special Immigrant Visas and the right to live in the United States in return for the father's work for a decade at a U.S. military base in Afghanistan.

REUTERS

House Republicans unveil bill to repeal Obamacare

It was not immediately clear if the bill had enough support to pass the Republican-led Congress. It goes next to two House committees for review.

Chairman of the House Ways and Means Committee Kevin Brady GETTY IMAGES

Republicans in the U.S. House of Representatives unveiled long-awaited legislation on Monday to repeal much of the Obamacare healthcare law, including its expansion of the Medicaid program for the poor.

President Donald Trump and fellow Republicans in Congress have repeatedly promised to repeal and replace former Democratic President Barack Obama's signature domestic policy achievement known as the 2010 Affordable Care Act. It was not immediately clear if the bill had enough support to pass the Republican-led Congress.

The proposal would freeze enrollment in Obamacare's expanded Medicaid program on January 1, 2020. States that expanded Medicaid could still sign up individuals until the end of 2019, and continue to receive enhanced federal funds for them thereafter, Republican aides said. But going forward, federal funds for Medicaid would be capped.

> *"Our legislation transfers power from Washington back to the American people."*
>
> House Ways and Means Chairman Kevin Brady

While eliminating the income-based subsidies for purchasing insurance under Obamacare, the proposal would instead offer age-based refundable tax credits. Those would be capped at upper-income levels, Republican aides said.

The proposal would repeal most Obamacare-levied taxes in January 2018 and immediately repeal the penalty for the individual and employer mandates to buy insurance. It would not, however, cap the existing tax exemption for employer-sponsored health insurance, although some lawmakers had favored that.

"Our legislation transfers power from Washington back to the American people," House Ways and Means Chairman Kevin Brady said in a statement.

Democrats have warned that Republicans risk throwing the entire U.S. healthcare system into chaos by repealing the Obamacare law that was passed by congressional Democrats over united Republican opposition. The law enabled about 20 million previously uninsured people to get medical insurance. REUTERS

POLITICS

Senate approves measure to kill Obama-era contractor rule

Republicans in the U.S. Senate passed a measure to eliminate an Obama administration rule that would require prospective federal contractors to report violations of more than a dozen U.S. labor and employment laws.

On a 49-48 vote, the Senate endorsed a joint resolution under the Congressional Review Act (CRA) to overturn the contractor disclosure rule. The U.S. House of Representatives approved it last month, so all that is left to kill the regulation is President Donald Trump's signature on the resolution.

The resolution targeting the contractor regulation, dubbed the "blacklisting rule" by critics, is a part of a larger Republican effort to use the CRA to rollback a swath of federal regulations finalized in the last seven months of the Obama administration.

Trump has signed three CRA resolutions thus far, which eliminated an environmental rule for streams and wetlands, a measure enhancing background checks for mentally ill gun purchasers and a requirement that oil, gas and mining companies report payments to foreign governments. Republican lawmakers have introduced measures targeting more than 30 rules.

The CRA is an efficient method to eliminate recently passed rules, as it is much faster than going through the full regulatory process and cannot be filibustered in the Senate. A CRA resolution also bars agencies from issuing "substantially similar" regulations in the future. REUTERS

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Ally of NJ Gov. Christie avoids jail for airline scheme

Prosecutors had sought prison time, saying a stiff sentence for a high-ranking official would send a message.

David Samson, former chairman of the Port Authority, center, arrives at federal court in Newark, New Jersey, on Monday. GETTY IMAGES

A former New Jersey attorney general and confidant of Gov. Chris Christie avoided prison on Monday for pressuring United Airlines into operating a flight to an airport near his vacation home, a case that grew out of the Bridgegate investigation.

David Samson, 77, former chairman of the Port Authority of New York and New Jersey, could have received up to two years in prison after pleading guilty to using his position to coerce United into restarting a money-losing nonstop route between Newark, New Jersey, and Columbia, South Carolina.

The flight, which Samson privately called the "chairman's flight," made it easier for him to get to his summer home, according to prosecutors.

U.S. District Judge Jose Linares in Newark ordered Samson to serve one year of home confinement and pay a $100,000 fine, after Samson's lawyers argued he should not be sent to prison because of his poor health.

Samson was accused of threatening to block United's plans for a new hangar at Newark Liberty International Airport unless United reinstated the flight.

United previously agreed to pay more than $4.6 million to settle related criminal and civil investigations without admitting wrongdoing. The scandal led to the resignation of United Continental Holdings Inc Chief Executive Jeff Smisek and two other executives, but no employees were charged.

"Obviously we're disappointed in the sentence, but we respect the court's decision," New Jersey U.S. Attorney Paul Fishman said in a statement.

The case emerged from the investigation into the shutdown of access lanes at the George Washington Bridge in September 2013. Fallout from the Bridgegate scandal damaged Christie's once-promising political career.

Two former Christie aides were convicted of orchestrating the closures to create massive traffic jams as payback for a local mayor's declining to endorse the Republican governor's 2013 reelection bid.

Christie, who has not been charged, denied any knowledge of the scheme, but the aides testified he was aware of the lane closures at the time.

REUTERS

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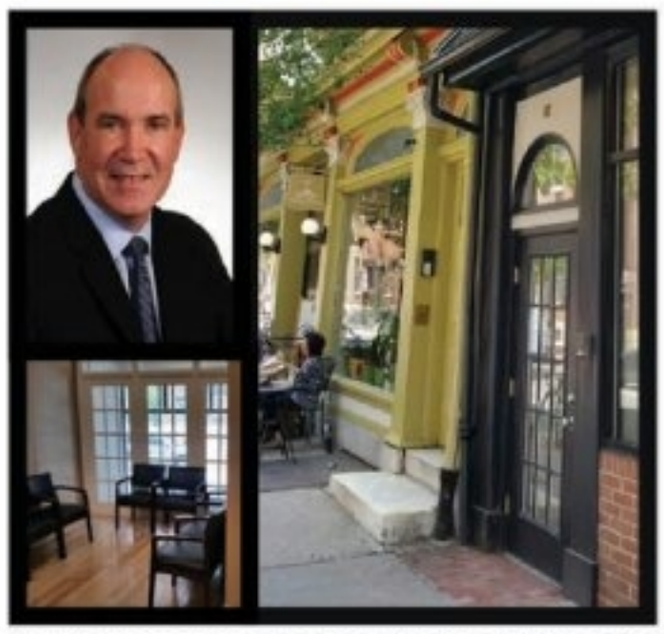
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Hoard of 'good luck' coins extracted from sea turtle

Workers from the Veterinary Hospital of Chulalongkorn carry the sea turtle named "Bank" from the surgery building to a rest area after the operation, in which veterinarians removed two big glasses of coins inside the stomach of the animal.

Thai veterinarians Monday removed 915 coins from a 25-year-old sea turtle that had been swallowing items thrown into her pool for good luck, eventually limiting her ability to swim.

The coins and other objects removed from the turtle named Omsin — "piggy bank" in Thai — weighed 11 lbs. The turtle itself weighed 130 lbs.

The green sea turtle, living at a conservation center in Sriracha, Chonburi, east of the Thai capital of Bangkok, had been finding it hard to swim normally because of the weight.

The vets said they believed the seven-hour-long operation was the world's first such surgery.

"We think it will take about a month to ensure she will fully recover," said Nantarika Chansue, of Chulalongkorn University's veterinary science faculty, adding that the turtle would need six more months of physical therapy.

"We think it will take about a month to ensure she will fully recover."

Chansue

There was no immediate estimate of the value of the coins, some of them foreign and many corroded.

REUTERS

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RACHAEL CLEMMONS
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Who is Naomi Watts secretly dating?

There's a delightful rumor going around that Liam Neeson and Naomi Watts are dating, and I've never wanted anything more in my life. The story comes from The National Enquirer, which isn't the greatest or most reliable outlet, but a source says that they have a lot in common beyond the movie business. "Naomi and Liam are both single parents to two boys and they're both expats living in New York." That's enough for me! Watts, 48, split from her long-term partner, Liev Schreiber late last year. It was a bummer. Neeson, 64, was married to Natasha Richardson until her untimely, tragic death in 2009. A source has already denied the romance to Gossip Cop, saying "There is no 'dating' relationship here," but let's not allow a simple denial from a "trusted source" to kill our dreams. Right?

ALL PHOTOS GETTY IMAGES

Chrissy Teigen talks postpartum depression in a powerful essay

Chrissy Teigen is famously an open book. But now, she's talking about something she's never talked about before: postpartum depression. In an essay for Glamour, the 31-year-old model talks about her ongoing battle with postpartum after the birth of her daughter, Luna. And it will give you all the feels. "I had everything I needed to be happy. And yet, for much of the last year, I felt unhappy," she writes. "What basically everyone around me — but me — knew up until December was this: I have postpartum depression."

Teigen took to Twitter after her essay came out to reassure everyone that despite writing about her struggles with depression and anxiety, she wants to be treated the same. "Please don't feel like you have to tiptoe around me!" she writes. "It is the most uncomfortable feeling ahhhh only downside to sharing PPD."

Bravo to Teigen for opening up about such an intensely personal, trying experience. Although it is pretty depressing to hear that being hot, rich and married to John Legend isn't enough to keep the sads away. There's definitely no hope for the rest of us plebians.

Barbra Streisand is stress eating thanks to Trump

Barbra Streisand is fed up, y'all. The icon took to Twitter to share her thoughts on our president. Namely, that Trump as president is making her stress eat.

"Donald Trump is making me gain weight," she writes. "I start the day with liquids, but after the morning news, I eat pancakes smothered in maple syrup!" Girl, same. Her tweet came after Trump made unsubstantiated claims that Obama wiretapped his phones during the presidential campaign. And Barbra is over it: "Trump just accused Obama of tapping his phones," she wrote. "Seriously crazy times. Time for more pancakes." This isn't the first time the 10-time Grammy winner has expressed her distaste for Trump: In January, she penned an essay titled "Clueless, Reckless, Graceless, Mindless and Heartless: Our President-Elect" for The Huffington Post. That sure is a lot of adjectives! Thank you, Babs, for being so damn relatable.

THIS WEEK'S OBSESSIONS

What our style editor, Tina Chadha, is loving.

Nili Lotan's dreamy silk Lillie skirt makes a strong case for winter white. $595, nililotan.com

Sometimes you want to dress like a grownup, and these high-waisted pants (one of the season's big trends) are both elegant and cool. Aritzia Wilfred Rocaille Pant, $110, aritzia.com

Hurry up and get on the waitlist for these embellished jeans. I did. Zara High Rise Jeans With Pearl Beads, $69.90, zara.com

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Double tap

What's that flooding your social-media feeds? It's Glossier's latest launch, Cloud Paint — which debuted on the Oscars red carpet on the cheeks of Chrissy Teigen and Reese Witherspoon. The cream-gel blush — packaged in adorable 10ml tubes a la an actual tube of acrylic paint — are creamy, lightweight and glide on easily when tap-tap-tapped along the cheekbone. The shades we tried — Dusk and Haze — provide a natural flush when layered, and the formula allows for enough dry-time to blend the color before it stains. Fingers are an ideal applicator, mashing droplets of the product into custom hues before blending up the cheekbone, just like they do on Instagram.

RACHEL RACZKA

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Bowie collaborator Donny McCaslin performs at Johnny Brenda's

The saxophonist led the music legend's band on "Blackstar."

SHAUN BRADY
@MetroPhilly
letters@metro.us

Donny McCaslin thought a lot about Bowie in the studio working on his own album, "Beyond Now." PROVIDED

David Bowie remained a musical chameleon until the end of his life, known for his ever-shifting identities as well as his iconic songs. Saxophonist Donny McCaslin has undergone his fair share of evolutions over the course of his own 30-year career, but he never imagined his path would cross with Bowie's — or that his innovative quartet would go down in rock history as Bowie's final studio band.

McCaslin is known for transforming his sound from hard-charging acoustic jazz to a modern electro-acoustic sound that's as influenced by Deadmau5, Skrillex and Aphex Twin as it is Miles Davis and Herbie Hancock. He first landed on Bowie's radar in 2014 as a member of the Grammy-winning Maria Schneider Orchestra, when the lauded bandleader was recruited to collaborate on a new song, "Sue (Or in a Season of Crime)." The saxophonist was shocked when he received a follow-up call a few months later — he wasn't even particularly well-versed in Bowie's catalogue.

"'Let's Dance' was part of the soundtrack to my youth," McCaslin remembers. "I remember dancing to that record at the senior prom. I was generally familiar with some of his hits, but that's about the extent of it."

Regardless, Bowie must have felt some kinship with McCaslin and his quartet — which also features keyboardist Jason Lindner, bassist Tim Lefebvre and drummer Mark Guiliana. They then entered the studio in early 2015 to record what would become "Blackstar," a final masterwork that was released just two days prior to Bowie's death.

"It's an amazing record and it's his vision," McCaslin says. "He was at that stage of his career where he could just be doing greatest hits records, but he was pushing ahead. That fearlessness as an artist is profoundly inspiring to me."

The experience made a lasting impact on McCaslin, as evidenced by his latest album, "Beyond Now," music from which he'll perform at Johnny Brenda's tonight. The album's music echoes the rich soundscape of "Blackstar" and incorporates versions of two older songs, "A Small Plot of Land" and "Warszawa," from Bowie's collaborations with Brian Eno.

"I was thinking about him a lot in the recording studio," McCaslin says. "I wanted to represent the way that he was constantly changing and pushing boundaries and going for it musically."

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The performers playing Mac, Charlie, Dennis, Dee and Frank put on a different kind of show inspired by the hit series "It's Always Sunny in Philadelphia." PROVIDED

'It's Always Sunny in Philadelphia' goes burlesque

Franky Bradley's will transform into the sitcom's Paddy's Pub as the burlesque version takes the stage.

MEREDITH ORLANDINI
@MetroPhilly
letters@metro.us

On March 12, old-time American bar and restaurant Franky Bradley's will become Paddy's Pub. And if you don't already watch "It's Always Sunny in Philadelphia," now might be the time to start.

A burlesque inspired by the series, aptly titled "The Gang Does a Burlesque Show," arrives Sunday and will take the show's already notorious taboos to the next level. The all-star cast will include Philly's premiere drag queen Iris Spectre, burlesquer Bum Bum Kapau and "Agitated" star Pilar Salt.

We talk with Tiel Guarino, one of the show's producers, about the inspiration behind the concept.

Will you be playing any of the main characters?

I don't want to give any spoilers. I want to keep people guessing as far as who my cast is. [Co-producer Paul Harlan] and I have fused the theater world and burlesque world [together], so there is actually a script.

"Always Sunny" is known to be hilarious and absurd. How are you integrating that with a burlesque performance?

Paul is the theater kid of the two of us, who kind of transitioned into the burlesque world. I come from a classic dance background. I've been an aerialist, a circus person and a person in the burlesque world for about 12 years.

Paul's a very talented writer. He wrote a storyline that aligned itself with the show. We have integrated a thing that we think would happen to the Paddy Pub kids and turned it into a burlesque. It's a little sneaky.

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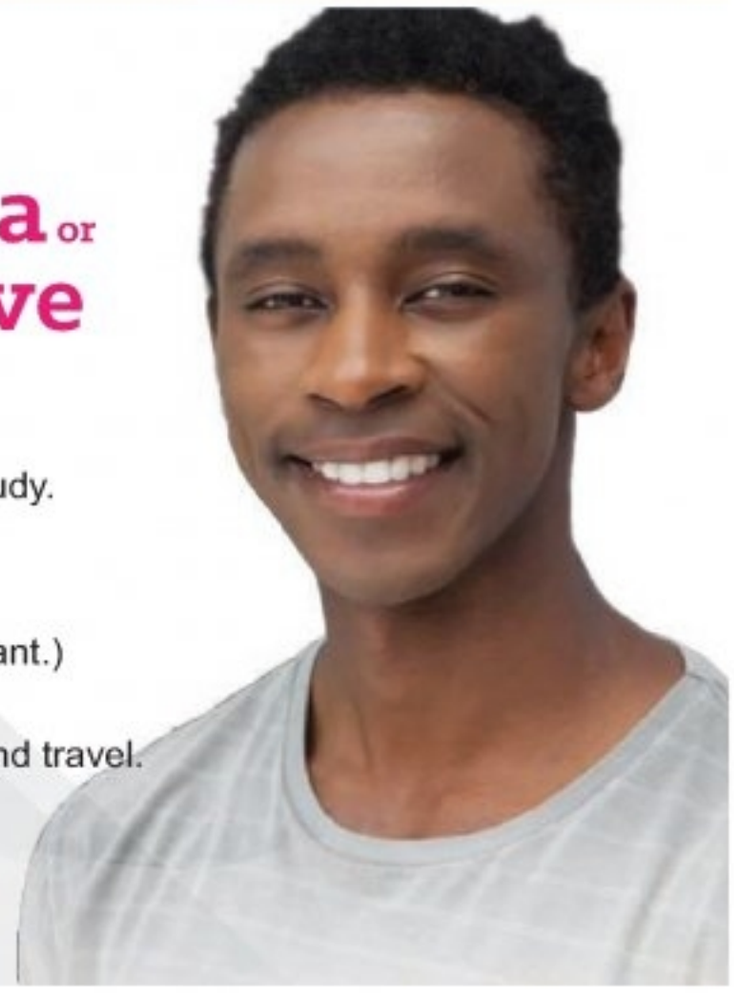

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Halston Sage is no mean girl

The actress talks about playing a cruel high schooler in the YA movie "Before I Fall."

MATT PRIGGE
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Halston Sage went to an all-girls high school, and she spent most of her time there working on the school newspaper, serving on student council and riding horses. So, her teen experience was very different from that of her character Lindsay in "Before I Fall," the confident but secretly troubled ringleader of a pack of mean girls. Her clique includes the film's protagonist, Zoey Deutch's Sam, who finds herself mysteriously living the same fateful day over and over again, "Groundhog Day" style.

I'm imagining you weren't a mean girl in high school.
No. It was very therapeutic to be bossing people around all day. I'd get it out of my system without it actually reflecting on who I am as a person. [Laughs]

Despite this being based on a YA novel, I don't think the movie is strictly for young adults.
Even though it takes place in high school, it deals with very adult themes — questions we ask ourselves even after high school. Who do I want to be? What do I want people to remember me for? How do I want to treat people? What do I want to do with my time here? These questions are really important and really elevated when you're in high school, because at that age you think everything is so important and it's the end of the world. I'm 23, and I still feel that way. I could talk to my mom and she's still asking the same questions.

GETTY IMAGES

Halston Sage, left, plays one of the besties of a high schooler (Zoey Deutch) who's forced to live the same day over and over again, "Groundhog Day" style, in "Before I Fall," now in theaters. AWESOMENESS FILMS

It's weirdly comforting when you realize adults don't know anything either.
Right! And there are still girls who are mean, but you realize they have more sides to them. That's the benefit of getting older: You don't see everyone in one way. They could be someone like my character, who's had something terrible happen in her life or is going through a rough time. You don't want to justify their behavior, but you want to understand them, give them a little more credit, rather than reducing them to one kind of person.

Back to school

Tell me what it's like playing a high schooler when you're 23.
One thing I loved was how authentic this was about high school life now. Everything is very consistent with how they live — how they dress, how they speak. You don't really see that in movies about high school. High schoolers are so much cooler now than when I was in school. They're cooler than me.

You've said YA fans actually contact you over social media. Is that a bit weird for you?
No, I think it's really sweet. If I was that age and I was able to talk to my favorite actress or send her a note online, I would have done it. Hopefully you can separate your anxieties about the negative side of social media and see it as more of a platform to reach out to people you admire or care about. Or you can talk about a cause that's important to you. That's the nice way of looking at social media.

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"BLAZING SADDLES" - *Netflix Instant*

Cleavon Little, right, stars in "Blazing Saddles." WARNER BROS. PICTURES

"It's the movie that could never be made today," howl fans of Mel Brooks' arguable finest hour. (Though we'd put "The Producers" first, then "Young Frankenstein.") The people who say this are typically strident anti-PC types — retrograde righties who hate liberals and delight at a pretty much objectively hilarious comedy that makes jokes about black people, about Jews, about Native Americans, about Nazis, etc., etc., etc. Fine, even pinko lefties who own "pussy hats" can agree we're a little touchy these days. But Brooks is no retrograde rightie, then or now. And you don't have to look too closely at his rapid-fire Western parody to realize the jokes aren't on black people, on Jews, on Native Americans, etc., etc. They're on stupid, backward white people who feel weirded out by people who aren't them. And they're on Nazis, too, of course.

"THE SLUMS OF BEVERLY HILLS" - *Netflix Instant*

No one's happier than we are that Natasha Lyonne is a big thing again, thanks to "Orange Is the New Black," scene-stealing turns in "Hello, My Name is Doris" and "The Intervention," and a tragically brief appearance on "Girls" a couple seasons ago. She's simply fulfilling the promise of her original breakthrough, which is to say her leading turn in 1998's "The Slums of Beverly Hills." As the cranky, sexually confused daughter of a nomadic car salesman (Alan Arkin), she's a total rock star, holding her own against co-star Marisa Tomei, even when they're not doing a Parliament-backed *pas de deux* with a vibrator. And by the way, we're stoked that writer-director Tamara Jenkins is finally making another movie, with Kathryn Hahn and Paul Giamatti. After all, her last one, "The Savages," turns 10 years old this year.

Natasha Lyonne FOX SEARCHLIGHT

Self-help books may do more harm than good

wellbeing

In his new book, "Stand Firm: Resisting the Self-Improvement Craze," Danish psychologist Svend Brinkmann discusses the pitfalls of the self-help industry. ISTOCK

Svend Brinkmann, author of "Stand Firm: Resisting the Self-Improvement Craze," discusses why that is.

LUZ LANCHEROS
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Self-help books are a billionaire business, but do they actually help? In his new book "Stand Firm: Resisting the Self-Improvement Craze," out this month, Danish psychologist Svend Brinkmann argues that self-help literature can actually cause anxiety problems, encourage narcissism and lead to depression in readers. We spoke with Brinkmann about why the genre ultimately fails and why folks would actually do better to read novels instead.

If self-help books work, why is there a boom of new literature on this topic every year?
I think that the fact that hundreds of these books are published every year is proof that they don't work! If one self-help book was written that really did work, then we would not need all the others. These books simply sell the illusion to the reader that he or she can be in control of his or her destiny and achieve happiness, health and success. It's a very individualist idea that leaves the individual alone with the responsibility whenever he or she fails in achieving these things.

Why do people keep buying self-help books?
I think they buy them because if we cannot change society, then we can change ourselves — that seems to be the idea. But this is a source of despair. Progress in society has always come from collective and political action. Not from individuals who work on their own lives to "get in touch with their inner feelings" or something like that.

PROVIDED

Do self-help books actually lead to more problems?
As I see it, the real problem lies in a society that is becoming more and more individualistic. Self-help books are just a symptom of that problem, because they tell the reader that they can fix their own problems without the need for community. People become unhappy when they can not live up to the expectations found in these books, and they blame themselves.

What are some of the specific problems self-help books could cause?
Narcissism, because many these books instruct the reader in how to love oneself; despair, because it is often impossible to fulfill one's dreams; and depression when one becomes exhausted from constant self-optimization and personal development.

So, self-help book essentially have a placebo effect?
Yes, that is a good way of putting it. Sometimes they even function as a "nocebo" effect, actually making people worse off than they were before. I am not saying that no self-help book ever helps. Studies show that some people can benefit from some of these books. But like medicine, they can have adverse side effects — of self-blame and mental exhaustion.

What about self-help coaches?
A coach like Anthony Robbins (author of "Unleash the Power Within") says that we should aim for "constant and never-ending improvement" which means that people should always be on the move and can never be good enough — that is a dangerous message to sell to people. Also, he says: "Success is doing what you want to do, when you want, where you want, with whom you want, as much as you want." This, actually, is completely empty, because it doesn't address what one wants! What if one wants something unethical? Coaching is an individualist practice with little ethical awareness, and for that reason it is too thin as a life philosophy.

Not all self-help books have easy formulas.

Could any of them work?
I would rather people threw them away and began to talk more with their friends instead. Better to read novels than self-help books. Novels depict all the messy trouble that is part of human life, and that is actually quite consoling.

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#2065-Anthony Pauling-household, #1004-Jelani Abdu-household, #3131-Tiffany M. Hodges-household, #1097-Nelson Coy-household, #2103-Shaunta Feaster- household, #3062-Maria Legg-household.

NOTICE OF SALE

Notice is hereby given pursuant to Pennsylvania Self-Service Storage Facility Act, **Prime Storage Group 2231 S. 62nd St Philadelphia, PA 19142** will sell online for **CASH** only, if payment is not received all the personal property stored in its facility by:

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Unit 1210 - Norma Barnes - Cleaning Equipment, Boxes • Unit 1308 - Dishn Howa - Furniture, Bedding, Mini Fridge
Unit 1710 - Xaviera Williams - Bags, Furniture • Unit 1817 - Elroy Smith - Totes, Suitcase, Furniture, Boxes

Auction to be held online at www.StorageStuff.bid beginning **Saturday, March 11th, 2017 and ending Tuesday, March 21st, 2017 at 10:00am.**

Owner reserves right to bid at sale, reject any/all bids, cancel or adjourn sale. All purchased goods are sold "as is". For more details or to pre-register go to www.StorageStuff.bid. Any parties having an interest in said Units, for more information or to make payment, may call 215-729-8885.

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On March 17th 10:00 AM, Storage Sense at 1000 Easton Road Wyncote PA 19095 (215-635-2007) will hold a public auction. Items will be sold to the highest bidder for cash.

The following units contain household and/or personal goods:

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EAGLES SHOULD GO ALL-IN ON SAINTS' RECEIVER COOKS

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

New Orleans Saints wide receiver Brandin Cooks in action against the Arizona Cardinals. GETTY IMAGES

They value first-round draft picks like gold bullion in the NFL. You understand why. Teams build their foundations around those first-day guys, a good percentage of whom wind up enshrined in Canton.

So for the Eagles to trade the 14th overall pick for disgruntled Saints wide receiver Brandin Cooks seems far-fetched. But I've got three words for GM Howie Roseman:

Do it, Howie.

Trading for Cooks is eminently more sensible than chasing a wide receiver in free agency or drafting one on April 27. Here's why:

Cooks is proven. He's fast (4.33 speed in the 40). He's got good hands. He tracks the ball well. And he's shown it. Only five NFL receivers surpassed 75 catches and 1,100 yards in each of the past two seasons: Odell Beckham, Antonio Brown, Julio Jones, Jarvis Landry — and Cooks.

He's young. Among free agent receivers, DeSean Jackson is 30. Pierre Garcon is 31. Alshon Jeffery and Terrelle Pryor are both 27. Cooks is still just 23 — younger, in fact than Carson Wentz, who should be throwing to him in 2017.

He's cheap . . .well, at least for now. Cooks stands to make $1.56 million in 2017, the last of his rookie contract. There's a club option for 2018, which should run about $8 million. Given how tight the Eagles are to the cap right now, he's a far more viable option than guys like Jeffery and Pryor, who will land long-term deals at $10-12 million a year.

Of course, the Eagles would want long-term certainty, because there's no logic trading your first rounder for a guy who could walk away after two seasons. Roseman would have to insist on a contract extension as a condition of any trade.

As I said, trading your top pick isn't easy. This draft is strong at receiver and even more loaded at cornerback, the Eagles' other biggest need. Some of those kids who'll be sprinting the Art Museum steps on draft night are going to turn into all-pros.

But others will wind up with careers like Freddie Mitchell (picked 25th) and Nelson Agholor (20th). That's not meant just as a knock on the Eagles. Go back and study any NFL draft (I recommend 2013) and you'll see what a crapshoot it all is.

The Patriots reportedly offered their first rounder, No. 32, for Cooks over the weekend. Bill Belichick is no one's fool.

The Eagles' No. 14 pick, straight up, is pricey, so they should get something beyond Cooks in return. Since the Saints are seeking defensive help, perhaps Roseman can convince New Orleans GM Mickey Loomis to take LB Mychal Kendricks as part of the deal and grab back a third rounder.

A trade for Cooks, coupled with a few cuts this week, would leave the Eagles with enough under the cap to pursue helpful free agents. And the upcoming draft is so deep in the secondary that they could get help in the second and third rounds. It makes sense in every way.

Do it, Howie.

Titans taking hard look at Cooks

It's a fluid situation for sure, but on Monday the Tennessee Titans emerged as the favorites to land Saints wide receiver Brandin Cooks in a trade.

Yahoo.com's Charles Robinson tweeted, "Hearing #Titans may now be the front-runner to trade for #Saints WR Brandin Cooks."

The Titans own the No. 5 and No. 18 pick in the 2017 NFL Draft.

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Eagles notebook: Matthews on his way out?

The Birds want to give Carson Wentz the perfect sidekick.

KYLE PHILLIPPI
@Kyle_Phillippi
sports@metro.us

The Eagles have about $11 million in cap space, so they'll have to get creative if they want to bring in a few difference makers this offseason.

That's why the latest rumor has the team's leading wide receiver, Jordan Matthews, as someone who could be included in a trade — according to Yahoo Sports' Charles Robinson.

Trading away Matthews makes a lot of sense as he enters the final season on his rookie contract in which it appears unlikely he comes back anyway. When the Eagles were doling out new deals last offseason to their young players, Matthews was not included in the list, a clear sign that this organization just didn't see him as part of their future at the time.

Not much has changed between then and now, so why not package Matthews in a deal and see what the return could be?

If there ever was an offseason to cut ties with your leading receiver, this seems to the one. The free agent pool is littered with high-end talent in Alshon Jeffery, Terrelle Pryor and Brandon Marshall. There's a ton of quality options after those three in Kenny Stills, DeSean Jackson, Kenny Britt and Pierre Garcon. The draft, too, features some intriguing options for the Eagles and their 14th overall selection as one of the top two wideouts, Mike Williams and Corey Davis, could slide to their pick.

There's also the rumored breakup between the New Orleans Saints and Brandin Cooks that will make whoever lands the two-time 1,000-yard receiver very happy. The Eagles are reportedly one of those teams hoping to snag him.

Point being: The Eagles have numerous ways of giving Carson Wentz the help he deserves this offseason, even if it means parting ways with his top target from a year ago.

Jordan Matthews has been mentioned in trade rumors recently. GETTY IMAGES

Cap casualties are coming

ESPN's Adam Caplan reported that the Eagles' decision on whether or not to keep Mychal Kendricks will amp up this week as $4.35 of his $4.85 million base salary becomes fully guaranteed by Saturday.

There's been much talk following Kendrick's frustrating season and his usage as to where he fits in this organization. All signs point to him playing elsewhere in 2017, so expect to see something transpire this week with Kendricks. If he remains an Eagle past the weekend, he can still be included in a trade on draft day.

Other names to keep an eye on are Connor Barwin, Ryan Mathews and Jason Kelce. There's a chance at least one of them gets moved before or on draft day to clear cap space.

How about John Ross?

When you run a 4.22, you'll find yourself on the radar of all 32 NFL franchises.

The Eagles surely took notice of what the Washington product did over the weekend, especially when doing so at a position the team is looking to overhaul. The Pac-12 receiver caught 81 passes for 1,150 yards and 17 touchdowns last season as a junior.

If speed is truly what the Eagles want, as reports of their interest in Kenny Stills and a reunion with DeSean Jackson suggest, Ross has to be on their board at pick 14.

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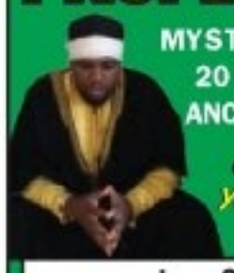

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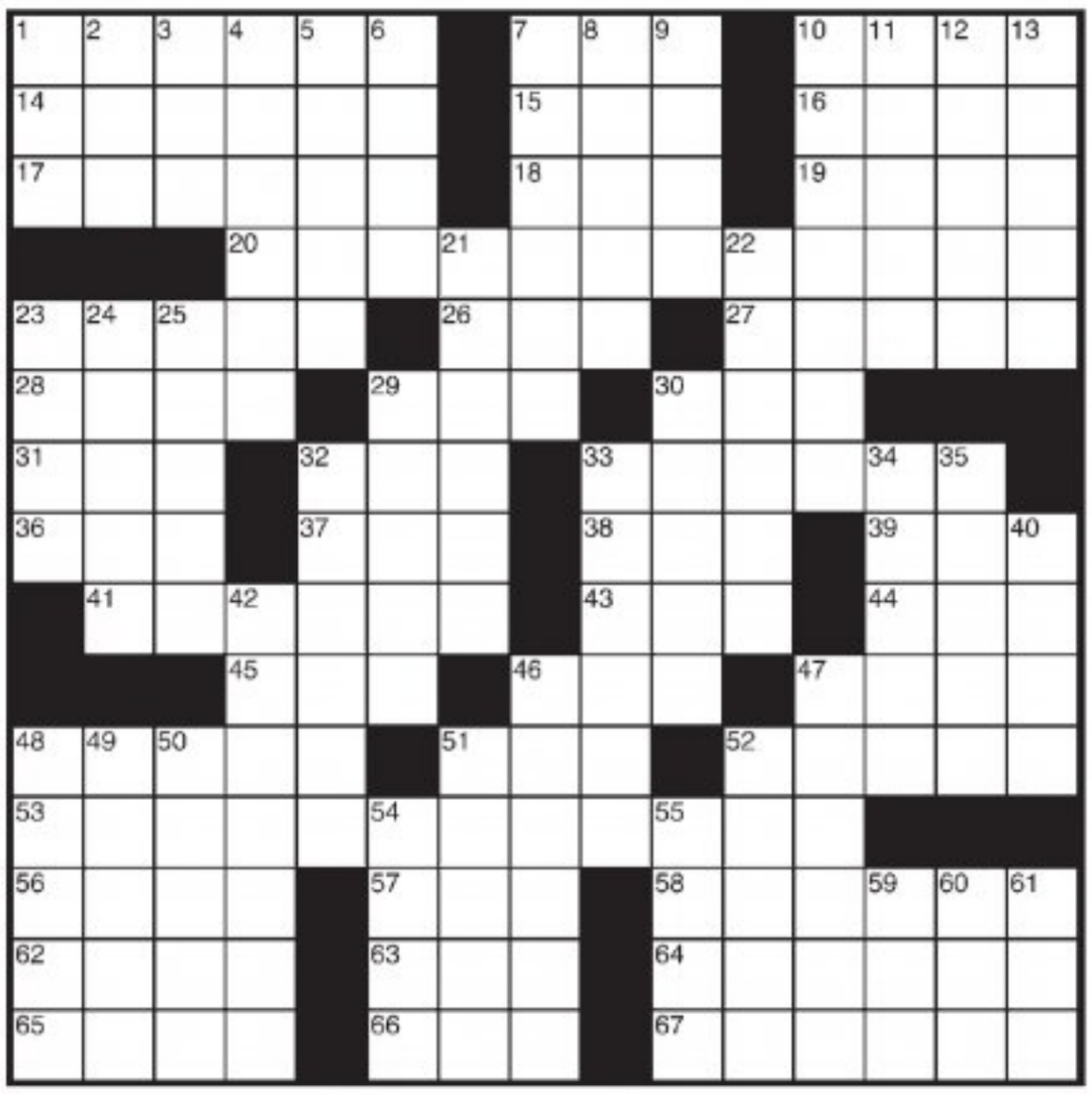
14 Microscopic animal
15 Hosp. scan
16 Wyo. neighbor
17 Filet --
18 Water lily leaf
19 Peal of thunder
20 500-mile race locale
23 Imagine
26 Sgt.
27 Corroded
28 Shrink's reply (2 wds.)
29 Quit stalling
30 Extended family
31 Clean-air gp.
32 To and --
33 Outdone
36 In good shape
37 Banking convenience
38 On the --
39 Less than one
41 Rough-textured
43 Lgth. units
44 -- Paulo, Brazil
45 Take a crack at
46 Veld grazer
47 Fish in cans
48 Major artery
51 Plant sci.
52 Out in front
53 Famed story teller
56 Dilute
57 Set of tools
58 Made a profit
62 Tear apart
63 Navigator's dir.
64 Went along with
65 Galena and bauxite
66 Scottish river
67 Luxurious hotel

Down

1 Grocery buy
2 French friend
3 Daily record
4 Canal city
5 Piano-key wood
6 Pearl starter
7 Collision
8 Pipe unclogger
9 Verdi opera
10 Write-up
11 Voting place
12 Braid
13 -- -turvy
21 Tax form item
22 Light benders
23 Feudal estate
24 Meat jelly
25 "Really cool!"
29 -- -craftsy
30 Reeves of "Speed"
32 Ms. Fawcett
33 Filled pancake
34 Follow
35 Goddess of the hunt
40 Take on cargo
42 Puts in an appearance
46 Pointed beard
47 Those people's
48 Texas player
49 Yellow pigment
50 Lorelei's river
51 Salt water
52 "Time is money," e.g.
54 Used sparingly
55 Petri-dish contents
59 Opposite of "paleo"
60 Constantly, to Poe
61 Banned bug spray



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hard

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9								2
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4		8			3	6		1
		6			5			
		9	1					

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Aries Listen to emotional pleas when dealing with domestic issues. If someone isn't happy, you need to do your best to find solutions that suit everyone involved.

Taurus Share your concerns as well as your findings and possible solutions. Working in conjunction with others will be more impressive than trying to take charge.

Gemini An emotional incident at work or with someone you thought you could rely on will fester. Be frank about the way you feel before it affects your productivity.

Cancer Aim for advancement when it comes to work and your reputation, and take control of your life. Don't give in to bullies or people who are bad influences.

Leo Don't divulge secret information about you or anyone else. Focus on self-improvement and learning all you can to ensure that you are up to date with the latest trends.

Virgo Rely on your intuition when it comes to investments, joint ventures or other people's affairs. Ask questions and take action based on facts, not assumptions.

Libra Keep your life and everything you do simple, affordable and respectful of the people around you. Tolerance and diplomacy are encouraged.

Scorpio Share your thoughts and ask questions. Getting along with people who can make your life easier will help you get a firm hold on your financial future.

Sagittarius Refrain from sharing personal data. Someone will be looking for a way to coerce you into spending money or revealing secret information. Protect your assets.

Capricorn Limitations will set in if you don't abide by the rules or show detailed accounts of your transactions. Be strict and rigorous regarding a pending deal.

Aquarius Don't overspend on personal items that seem too good to be true. Be smart and choose to put your energy into getting fit and eating well.

Pisces Explore your creative dreams and express the way you feel and what you want to pursue. Take control instead of letting someone else rule your world. EUGENIA LAST

Yesterday's answers

A	L	E	C	■	D	E	C	O	R	■	T	H	U	R
S	O	L	O	■	A	P	A	R	T	■	R	I	S	E
P	A	L	L	■	M	I	S	B	E	H	A	V	E	D
S	M	E	L	T	■	L	E	S	■	A	V	E	R	S
■	■	■	A	U	T	O	S	■	A	G	E	■	■	■
■	A	I	R	B	A	G	■	U	N	A	L	I	K	E
T	H	R	E	A	D	■	O	M	A	R	■	N	E	A
H	O	E	D	■	P	O	L	A	R	■	P	U	P	S
I	O	N	■	M	O	D	E	■	C	H	E	R	I	E
S	T	E	R	I	L	E	■	C	H	I	D	E	S	■
■	■	■	A	D	E	■	T	O	Y	E	D	■	■	■
S	L	U	N	G	■	A	R	E	■	S	L	A	B	S
C	A	N	T	E	R	B	U	R	Y	■	I	R	A	N
A	I	D	E	■	N	I	E	C	E	■	N	I	N	A
T	R	O	D	■	S	T	R	E	W	■	G	A	S	P

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DEPRESSED?

Are you treating your depression with medication?
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Insurance is not required to participate in our study, and all study-related care and study medications are provided at no charge.

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